

### **Abstract of the Disclosure**

A positioning/adjusting device includes a main unit and a controlling device. The main unit includes a motor unit and a circuit assembly. The motor unit includes a motor for moving the outreaching/retracting member. The circuit  
5 assembly includes a detecting circuit for detecting turns of a disc driven by the motor unit. The data regarding the turns are sent to a central processing unit and stored in a memory. The central processing unit sends signals to a control circuit to control clockwise or counterclockwise rotation or stopping of the motor unit. The controlling device includes a button circuit, wherein when one of several  
10 buttons of the button circuit is pushed, a corresponding signal is sent to the central processing unit to thereby control clockwise or counterclockwise rotation or stopping of the motor unit and to thereby setting an uppermost position and a lowermost position of the outreaching/retracting member.